KENDAL-ON-HUDSON SPOTLIGHT

January 15, 2018

FOR MORE ON RESIDENT LIFE AT KENDAL ON HUDSON, GO TO WWW.KOHRESWEB.ORG

DUE TO CURRENT ILLNESS, ACTIVITIES MAY BE CANCELLED OR POSTPONED. CHECK CUBBIES AND BULLETIN BOARDS REGULARLY AND LISTEN TO SARA QUICK.

Mon 1/15	**7:30**	**Doctors:** **Shop if Possible**. Check with front desk by 9:00 a.m. **Residents Association Memorial Service** (see p. 3) **POSTPONED**	**GR**
Tue 1/16	**9:45** **2:00** **7:30**	**Shopping:** **Tarrytown** - return at 11:30 a.m. **Shopping:** **Ossining** -- return at 3:30 p.m. **Movie:** ***Throw Down Your Heart*** (2008) (97 min.) Bela Fleck. Documentary: banjo musician & his travels to Africa.	**GR**
Wed 1/17	**9:45** **7:30**	**Trip:** **Met Breuer, New York** **Movie:** **Shown only in Gathering Room**	**GR**
Thu 1/18	**7:30**	**Doctors:** **Shop if Possible.** Check with Front Desk by 9:00 a.m. **Movie:** ***Rebel in the Rye*** (2017) (106 min.) Biopic about J.D. Salinger	**GR**
Fri 1/19	**9:45** **2:00** **7:30**	**Shopping:** **Thornwood** -- return at 11:15 a.m. **Shopping:** **Ossining** -- return at 3:30 p.m. **Movie:** ***Kedi*** (2017) (80 min.) Documentary of an ancient city seen through the eyes of cats.	**GR**
Sat 1/20	**7:30**	**Movie:** ***Picnic at Hanging Rock*** (1975) (107 min.) Rachel Roberts. Mystery.	**GR**
Sun 1/21	**3:00**	**Concert:** **Tommy Mesa, Cello**, with piano accompaniment (see p. 4)	**GR**

KOH-TV, Channel 1970

Round-the-clock -- Rue des Artistes: "Open Lens"
3:00 p.m. – Westchester County During the Revolutionary War
4:30 p.m. – Concert: The Steel Passion Band
Movies at 8:00 p.m.

Mon., 1/15 – ***The Big Sleep*** (1946) (114 min.) Humphrey Bogart, Lauren Bacall. Film noir- mystery.
Tues., 1/16 – ***Billy Elliot*** (2000) (110 min.) Jamie Bell. Oscar nominated musical drama. Dance.
Wed., 1/17 – ***Throw Down Your Heart.*** See 1/16.
Thurs., 1/18 – ***Breaker Morant*** (1980). (107 min.) Edward Woodward. Historical war drama.
Fri., 1/19 – ***Rebel in the Rye.*** See 1/18.
Sat., 1/20 – ***Kedi.*** See 1/19.
Sun., 1/21 – ***Picnic at Hanging Rock.*** See 1/20.

Reminder: Deadline for the **Jan. 22** issue of *Spotlight* is **WED, Jan. 17, at 5 p.m.** Type or print submissions and email to: spotlight@kohudres.org or place them in the *Spotlight* cubby. Please include your name with each submission and, when using the cubby, mark submission "*Spotlight*".

Editors: Peter Bermas, Doris Eder, Sally Kellock, Claire Limmer, Peggy Pennell

Committee Meetings

Trips Committee, Monday, 1/15, 4:00 p.m., RAO

Regular Weekly Activities

Art Activity (Beginners +)	Sat., 10:00-12:00	ART
Bell Ringing	Wed., 11:00-12:00	GR
Chorus	Thurs., 1:30-3:00	GR
Circle Group	2nd Thurs., 1:30	RAO
Faith Discussion	Thurs., 10:00	PDR
French Conversation	Mon., 3:30	ART
Fiber Arts Group	2nd & 4th Fri. 2:00-4:00	CRA
Italian Conversation	Thurs. 11:15	PDR
Meditation	Tues. 9:30	RAO
Poetry Reading	4th Wed. 2:00	CL3
Shakespeare	Tues. 4:00	RAO
Tuesday Morning Club	Tues. 10:00-12:00	PDR

Fitness Activities

ALL CLASSES ARE IN THE **FITNESS STUDIO**
ON T LEVEL AND ARE SUBJECT TO CHANGE
(all fitness classes are for residents, only; please, no guests)

Stretch and Balance Mon-Wed-Thu 9:00
Pilates (Chair) - Mon 11:00, Fri 11:15
Pilates (Mat) - Wed 11:15, Fri 10:00
Stretch/Strength - Sat 10:00
Tai Chi - Tues 10:00, Thurs 11:15
Tai Chi (chair) - Wed 10:15
(now held in Clearwater rec room)
Yoga (Mix) - Thurs 9:45
Intensive Barre/Advanced Balance (on hold)
Zumba Gold – Mon. 2:00 **No class 1/15**

POOL

Pool open Mon-Sat 9:00-3:30
(closed for lunch 12:15-1:00)
Lap swim from 9:00-10:00
Water Aerobics – Mon & Wed 10:15 **No class 1/15**
(NO OTHER SWIMMING DURING CLASS TIME)
Please preregister guests if possible x1037

Use of the **Fitness Center** by anyone other than staff or residents is not permitted under any circumstance

LOCATIONS

ACK	Adirondack Country Kitchen
ACR	Admin. Conf. Rm. (on C Level, nr. Robert Fulton bridge)
ART	Art Room
BIS	Bistro
CL3	Clermont, 3rd floor lobby
CLW	Clearwater
CRA	Craft Room
FDR	Formal Dining Room
FIT	Fitness Studio (T Level, nr. pool)
GR	Gathering Room
HUD	Hudson Room (T level)
PDR	Private Dining Room
RAO	Res. Assn. Office (C Level, nr. Clermont bridge)
RCC	Resident Care Center
RL	Residents' Lounge
RUE	Rue des Artistes
TER	Terrace

KENDAL HOURS

Regular Dining: Monday - Saturday

Breakfast	8:00-9:30
Lunch	12:00-1:30
Dinner (Bistro)	5:30-7:30
Formal Dining	5:30-6:30

(These are entering hours.)

Dining: Sunday

Continental Breakfast	8:00-9:30
Brunch	11:30-2:30

(No evening meal service.)

Library: Librarian on duty in library Mon.-Fri. 10:00-12:00 and 2:00-4:00. Browse/borrow 24/7 here and from carousels here and there.

Resident Care Center: Open Mon.-Fri. 8:00-4:00
(Sat. 9-1, for Nurse Practitioner, call ext. 1000)
Call ext. 1030 for appointment as usual

RELIGIOUS SERVICES

Catholic Mass:	Sun	8 am & 12 noon	TV channel 285
	Thurs	10:15 am	CLW
Episcopal Prayer:	1st & 3rd Tue	1:30 pm	CLW
Kabbalat Shabbat Service:	2nd Fri	4:30 pm	PDR
Quaker Meeting:	Sun	11:00 am	CRA

NEW TRIPS

Wed, Feb 7, New York Historical Society, New York: self-guided tour of a wealth of **exhibitions and special installations focusing on the 100th anniversary of women's right to vote:** "Hotbed," Greenwich Village's vibrant bohemian scene and crusade for women's rights in the early 1900s; "We Rise," a 17-minute film narrated by Meryl Streep; "Women's Voices," including Sonia Sotomayor, Beverly Sills and Edith Wharton; Women's Marches throughout the U.S.; the legacy of Billie Jean King; **plus "The Vietnam War: 1945-1975"** and the new **Tiffany Lamps Gallery**

Wed, Feb 14, The Guggenheim, New York: self-guided tour of **"Josef Albers in Mexico,"** an exhibition of little-known photographs and photo collages of Mexico's archeological sites and monuments by the noted German artist (1888-1976), which shows the impact of pre-Columbian art and architecture's geometric forms and Mexican landscapes on his abstract paintings and prints; also **"Guggenheim Collection: Brancusi,"** with sculptures by the Romanian artist (1876-1957) and pioneer of modern sculpture as well as photographs of the master in his studio; and **the permanent collection of Impressionists, Post-Impressionists and modern French masterpieces**

Sign up in the Trips Book, which is in the hall across from the Computer Room entrance.

.

WE REMEMBER THEM

The Annual Memorial Service, during which we remember all the friends and neighbors we lost during 2017, will take place on Monday, January 15, 2018 at 7:30 pm in the Gathering Room. All residents are invited to attend. POSTPONED.

Loss Committee

RUE DES ARTISTES

The Art Committee is looking for residents interested in curating the next show in the Rue des Artistes, starting April 3. **The show does not have to be related to art.** It could be about travel, hobbies, visual celebration, an interesting item from your apartment, imaginative visuals, spring through summer in and around Kendal, art and the senses, family, animals, jokes, color or anything else that will make an interesting show. Please contact Mariet Van der Heide with your ideas. hugo.mariet@gmail.com

SAVING PHOTOS TO COMPUTER

Sally Costa and I hope that you have had the chance to view the photos of our excellent New Year's Eve celebration on the Kendal website. Some are on the open website, others in "Residents Only".

You may wish to save photos of yourself and your friends to your own computer. This is very easy to do. If you use a Mac, you can click on the photo you want and choose "Save Image"; you can also drag the photo to your desktop by. putting the cursor on the photo, holding down the mouse button (or pressing the pad), and dragging the photo to your screen (or desktop).

If you use a PC (Windows machine), right click (use the right-side button on the mouse or pad) and when the list of choices appears, choose "Save Image". Give the photo a name and indicate where you want to save it. Good luck!

Arthur Brady

KENDAL DINING

All about Kendal Dining will be revealed to residents at the **Open Meeting of the Culinary Committee** on Monday, **January 29** at 2 pm in the PDR. Don't miss it!

2018 KOH GREAT DECISIONS PROGRAM

The **first session** of the program will be held on Monday, **January 22nd** in the Gathering Room beginning at 10:00 am. The 2018 Briefing Book and other materials will be distributed to participants at the meeting.

JANUARY 21 CONCERT

The second concert of the 2018 season features Cuban- American cellist Tommy Mesa, accompanied by pianist Minyoung Kang. Mr. Mesa is much sought after as an interpreter of music for choir and cello, a chamber musician, a teaching artist and a principal cellist. Ms. Kang has performed in concerts and recitals throughout the United States and worked as a collaborative artist at several summer music festivals. The program for this concert will be two Beethoven works, a concerto by Edward Elgar and a short work by Peteris Vasks. Be sure to join us on Jan. 21st at 3 pm.

Wanted: Used Car

I am looking for a well-maintained used car with low to moderate mileage. Please contact me

Cobb Stewart